



### **Is it Better to Eat Before Exercising or After?**

The answer depends on how intense your activity will be and how much time there is beforehand. In general, sports nutrition experts recommend a light snack or meal two to four hours before exercise so you are adequately fueled to work out harder. Choose high-carbohydrate, easily digested foods that are low in fat. Moderate amounts of lean protein may enhance endurance. If there is only a brief period before exercise, eating may leave you uncomfortably full or give you cramps. On the other hand, if you're planning a brisk walk or other light exercise, even eating right before shouldn't be a problem. But whatever the type of exercise, for your own comfort and better performance, drinking enough fluids is vital. Experts call for 14 to 22 ounces (about 2 to 3 cups) of cool water 2 hours before exercise, 6 to 12 ounces every 15 to 20 minutes during exercise and for every pound lost in sweat afterwards, 2 cups of cool water or lightly sweetened drinks.

For more information on exercise and weight control, contact your local **Health and Wellness Center**.

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